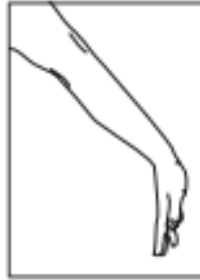


Ergo Stretches: Finger & Wrist Flexor

伸展运动：手部和手腕屈肌



1.



2.



3.

1. Straighten your elbow with palm up.
2. Point your fingers toward floor.
3. Use your other hand to gently pull down on your palm and fingers.
4. Hold for 10 - 15 seconds. You should feel a mild pulling sensation.
If you experience discomfort, then perform the stretch more gently or go back to the previous step.

1. 手心向上，肘部伸直。
2. 手指朝地。
3. 用另一只手慢慢地向下压你的手心和手指。
4. 保持 10-15 秒。你会感觉到身体有轻微的拉伸。如感不适，更加缓和地练习伸展运动或回到上一个步骤。

Ergo Stretches: Hamstring

伸展运动：后腿肌腱



1.



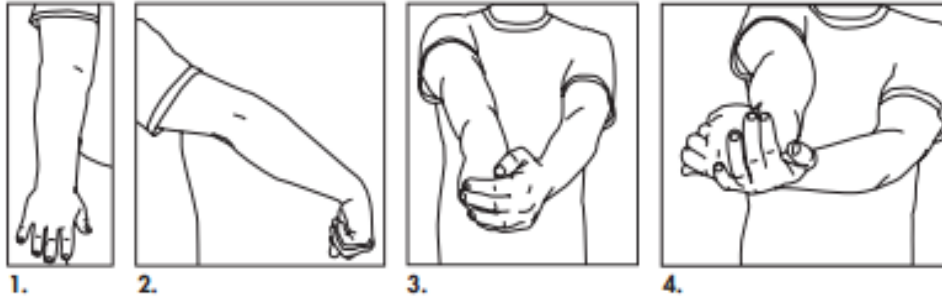
2.

1. Place your heel on ground in front of you with knee straight. You may wish to stand next to something for balance.
2. Keep your back straight, look up at the ceiling, and bend forward at your hips.
3. Hold for 10 - 15 seconds. You should feel a mild pulling sensation. If you experience discomfort, then perform the stretch more gently or with your foot on the floor.

1. 脚后跟着地，膝盖伸直，可以扶住身边的东西来保持平衡。
2. 背挺直，眼看天花板，使髋部向前倾。
3. 保持 10-15 秒，你会感觉到身体有轻微的拉伸。如感不适，更加缓和地练习伸展运动或将脚踩地。

Ergo Stretches: Finger & Wrist Extensor

伸展运动：手部和手腕伸肌

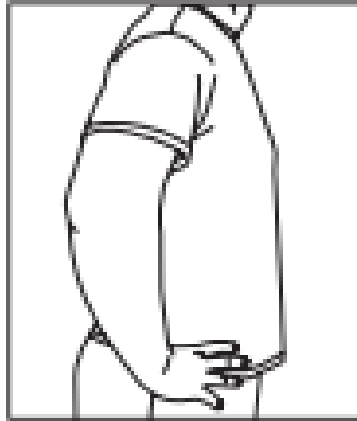


1. Straighten your elbow with palm down.
2. Bend your wrist down and make a gentle fist.
If you feel discomfort in the back of your hand, then relax your fingers.
3. Gently pull down on the back of your hand.
4. Rotate your arm so that your hand is pointing away.
5. Hold for 10 - 15 seconds. You should feel a mild pulling sensation.
If you experience discomfort, then perform the stretch more gently or go back to the previous step.

1. 手心向下，肘部伸直。
2. 轻握拳，屈腕。如果手背有感不适，可以放松你的手指。
3. 将手背慢慢向下压。
4. 转动手臂，让你的拳头向外。
5. 保持 10-15 秒。你会感觉到有轻微的拉伸。如感不适，更加缓和地练习伸展运动或回到上一个步骤。

Ergo Stretches: Lower Back Flexor

伸展运动：下腰



1.



2.

1. Place your hands on your hips.
2. Gently lean back.
3. Hold for 10 - 15 seconds. You should feel a mild pulling sensation. If you experience discomfort, then perform the stretch more gently or go back to the previous step.

1. 将手放在腰臀部。
2. 腰部慢慢后仰。
3. 保持 10-15 秒。你会感觉到身体有轻微的拉伸。如感不适, 更加缓和地练习伸展运动或回到上一个步骤。

Ergo Stretches: Neck & Shoulder

伸展运动：颈部和肩部



1.



2.



3.

1. Place hands in front of forehead with palms facing out. Take a deep breath in.
2. Pull elbows toward back pockets while rotating palms out.
3. Slowly exhale while squeezing shoulder blades together and drawing head back.
4. Once you have fully exhaled, hold for 10 - 15 seconds. Repeat for 2 repetitions.
If you experience discomfort, then perform stretch more gently or go back to the previous step.

1. 手心朝外，将手放在额头前方。深吸一口气。
2. 肘部朝后方拉伸，然后将手心向外推。
3. 慢慢地呼气，同时收紧肩胛骨并将头部后仰。
4. 当你完全呼出气后，保持 10-15 秒。重复 2 次。如感不适，更加缓和地练习伸展运动或回到上一个步骤。